




INSTITUTE OF
DEVOTIONAL ARTS

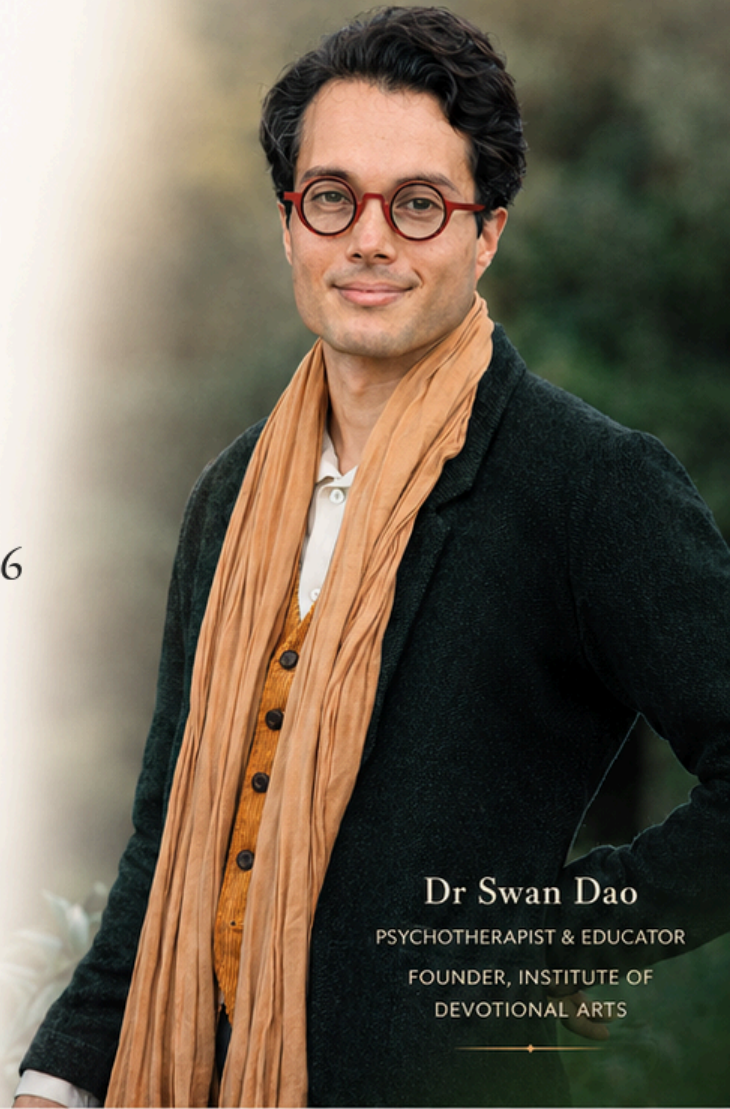
Unmasking the Self

 Hamburg

 7–8 November 2026

A weekend of embodied self-discovery
through action, expression, and presence.

Move beyond overthinking and explore who you are
beneath habitual roles, protective masks, and inherited
patterns. Through voice, movement, breath, imagination,
and relational exploration, this weekend invites deeper
self-knowledge, authenticity, and creative freedom.



Dr Swan Dao

PSYCHOTHERAPIST & EDUCATOR

FOUNDER, INSTITUTE OF
DEVOTIONAL ARTS

CORE MODALITIES



Psychodrama
Explore inner worlds
through enacted experience.



Systemic Constellations
Reveal patterns and
restore connection.



Expressive Arts
Use creative expression
to uncover and transform.



Breathwork
Regulate, release, and
reconnect with presence.

WHAT YOU'LL GAIN

- ◆ Greater self-awareness
- ◆ Deeper connection to body,
voice, and imagination
- ◆ More authentic
self-expression
- ◆ Practical tools for personal
and relational growth

YOUR GUIDE

Dr Swan Dao is a psychotherapist,
educator, and founder of the Institute
of Devotional Arts. Drawing on
psychodrama, theatre, somatic
practice, and depth psychology, Swan
creates transformative spaces for
embodied self-discovery, creativity,
and relational growth.



TIME
Starts Saturday 7 November, 10:00
Ends Sunday 8 November, 17:30



VENUE
Aikido Zentrum



CONTRIBUTION
€400
Early bird: €350
Until 31 August



CONTACT & SIGN UP
For questions and to sign up,
please contact Annika

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